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(57) Abstract: The invention describes a sports drink, which in addition to conventional additives contains viable lactobacilli having a positive effect on human intestinal mucosa. The sports drink preferably also contains micronutrients and proteins. The invention also refers to a tablet for the preparation of such a sports drink, containing viable freeze-dried lactobacilli in combination with micronutrients. In addition to providing liquid and nutrients replacement, the sports drink also relieves the stress symptoms, which are associated with long physical exercise.